

SAVE THE DATE!



*Disability,
Health & Wellness* conference
Independence YOUR WAY

**OCTOBER 18 & 19, 2010 AT THE VICTORIA INN,
1808 WELLINGTON AVENUE, WINNIPEG, MB**

**We want to come together to talk and learn about Independence
YOUR WAY – What does it mean to you?**

The conference builds on the momentum from the last two conferences, providing an opportunity to all persons with disabilities, including those who are aging into a disability, to come together and have their voices heard. The conference puts wellness goals front and centre and helps facilitate change on the road to a healthier life. It is an event where all persons with disabilities, including those who are aging into a disability, will work side-by-side and hand-in-hand with health and wellness professionals, caregivers and policy makers to explore the theme of independence.

October 18 Keynote Speaker:

- Propeller Dance Troupe is a unique, inspirational, and professional dance troupe that provides dance programming to people with and without disability.

October 19 Keynote Speaker:

- John Melnick, in the midst of a deep depression, attempted suicide for the third time. He swam, fully clothed, into the middle of the Red River. Then, John made the choice to live a different life. Today, he encourages others to speak about their own mental health issues and break free of social stigma.

Supports are in place to make Independence YOUR WAY affordable and accessible to all persons with disabilities, including those who are aging into a disability. Please mark your calendar and save this date! Over the next few weeks, visit the website www.smd.mb.ca for registration and program information!

Who should Attend?

- All persons with disabilities, including those who are aging into a disability
- Persons living with chronic conditions
- Supporters and caregivers
- Healthcare providers
- Policy-makers



WEBCONFERRING available. This conference will be national in scope.

Contact **Sonya Penner**, Planners Plus Inc.

E: sonya@plannersplus.ca | **P:** 204-261-7290 | **F:** 204-275-1749

